



CA-11 DMAT



Sacramento Disaster Medical Assistance Team

Volume 1, Number 9, April 2003

News from the Board

Julie Hamilton, President

The CA-11 corporate board has been busy with many items. Listed below are some of the projects that are of special interest:

Insurance - Committee chair (and Vice President) Warren Bonta is very ably spearheading research into insurance needs for CA-11. Committee members are hard at work meeting with insurance professionals to assess insurance needs and cost.

Personnel - As you have probably read from team e mails, we are looking for more people to serve in various capacities, these positions include:

- Administrative Assistant
- Warehouse Worker
- Human Resources Officer



Recruiting efforts are being overseen by Dodie Tyrell (Assistant Secretary). Also providing valuable help for recruiting are Jim Acosta (Treasurer/Finance Officer), Jim Rich (Secretary). Among recent accomplishments to report is the selection of a professional employment agency and the determination of insurance needs for this venture. This action will complement our volunteer team of human resources professionals.

The Administrative Assistant and Warehouse Worker positions are paid. Please read your team emails for more information on positions or contact Jim Rich or Sheila Martin for further information.



2003 Training Exercises

Wildland Fire	August-TBD
Back to Basics	September 18-21
Camp Sacramento	October 13-14

Upcoming Event Schedule

May 15, 19:00 - General Meeting

Directions to General Meetings:

Station #1

10173 Croydon Way, #4, Sacramento

Take the Mather Field Road exit off of US 50 and head north, towards Folsom Blvd. Turn Left on Croyton Way.

Team Website: www.dmatca11.org

Message from our Unit Commander

David Sprenger

When the Safford Act was passed in 1985, authorizing creation of the National Disaster Medical System, there was only faint understanding of the scope of missions for which its members, like us, may be called upon to perform. The concept of "homeland security", once just a bit player in our collective consciousness, has recently taken center stage. And with the transfer of the Office of Emergency Response into the Department of Homeland Security as of March 1, 2003, the NDMS mission, in which CA11 takes part, will be receiving much attention.

Our mission of "providing primary care to austere environments" is sobering. At the moment, we are on an "Orange" terrorism alert level. Though difficult to predict, it is possible that this may remain in effect through the next month that we are on the "On Call" roster, June 2003. As evidenced by recent media exposure, the public is very interested in our "readiness".

I know many feel the way I do, proud of the work that we have already done in meeting our readiness challenges. I am increasingly encouraged about our potential for meeting the challenges of the next few months, up-coming state and Federal deployments. I know that we will honor our duty to protect our community and Nation, our homeland.

Critical Incident Stress: It Can Happen to Any Of Us

Marti Ann Peterson, RN, NP, Membership Officer

One of my responsibilities as College Nurse at American River College is being an active member of our campus Crisis Response Team. Therefore, I was given the opportunity to enroll in the NDMS Pre-Conference weekend session, Critical Incident Stress Management (CISM) Workshop: Individual Crisis Intervention and Peer Support. The session was taught by Dr. Jeff Mitchell, Psychologist and Co-founder of the International Critical Incident Stress Foundation (ICISF). This two-day session provided insight on the importance of detecting symptoms of Critical Incident Stress and appropriate peer interventions. This is especially important in the DMAT deployment setting. The course focused primarily on crisis intervention support for individuals. Dr. Mitchell shared his experiences as a Paramedic, Elementary School Teacher, Paramedic Instructor, and Crisis Intervention Psychologist to reinforce the concepts and objectives of CISM. He defines individual crisis intervention as peer interventions to provide "emotional first aid to get the individual experiencing critical incident stress back to functioning again". The overall goals of CISM includes the following:

- To shield the victim from additional stress by removing them from the specific scene if possible;
- To mobilize resources; and
- To restore the victim back to productive functioning as quickly as possible.

The course reviewed one-on-one symptom recognition strategies, developing intervention plans, and implementing these plans throughout the three phases of the crisis spectrum: the pre-crisis, the acute crisis, and post-crisis phases. Crisis is a state of imbalance that creates unusual demands on coping and there is a multi-dimensional continuum of psychological reactions to stress. Even though there are some factors that help individuals cope with the critical incidents (e.g. getting plenty of sleep, nutrition, rest breaks, and one's own preparation for the critical incident and experiences with similar critical incidents in the past), anyone can still experience dysfunctional coping methods during a critical incident.

Severe reactions do not usually occur suddenly and that is why it's important for peers to recognize the beginning stages of critical incident stress. The more stress symptoms one experiences, the more powerful the stress reaction; and the longer these symptoms persist, the more potential for lasting harm. "This does not imply craziness or weakness. It simply indicates that the particular event was just too powerful for the person to manage by themselves". But awareness of beginning critical incident stress symptoms in our peers and provision of appropriate interventions can help them get back

to normal functioning. It seems that the more people on a DMAT that have basic training in CISM, the more functional the team will be. If you are interested in learning more about Peer Crisis Intervention, or if you would like to obtain more advanced training to be eligible for membership of a CISM team, you can connect with the ICISF website at www.icisf.org.

We Are Accountable To Each Other

Jim Acosta, Treasurer

I have to confess, I'm a Clint Eastwood fan. Clint always manages to throw a little philosophy in with the usual gunplay. In the film "Dirty Harry," Clint emerges victorious from yet another encounter with a hapless bad guy and observes, "A man's got to know his limitations."

We have to know our limitations, too. We have consciously chosen to join this group to provide care to people under challenging conditions. You may be one of 30-35 persons who must rely upon each other day and night, in all types of weather to accomplish a mission. The walls of the "health care facility" you work in may well be made of fabric; your light provided by generator; and your dinner eaten cold.

Can you hold up your end of the bargain? Are you competent in the skills you will need? Are you physically fit enough to hike in to a location with your gear and then some? How about up hills and flights of stairs? What about your personal medical and emotional health? Are you potentially placing yourself into a stressful situation at the wrong time?

Will you be a valuable member of a deployed team, or are you someone who will be a burden to others? Be honest with yourself. Now is the time to take a look in the mirror and ask these questions. Are there changes you can make to your lifestyle that will make a positive impact on your ability to contribute to the team? Can you practice your skills so they are second nature in the field? Can you ask other team members for feedback?

If you have limitations that prevent you from deploying on a mission, there are 100 different ways you can support the team without leaving Sacramento. The reality is that not everyone can go every time we are called; but we can all support those who are deployed. All contributions are valuable!

Remember, not everyone can drive the race car; the best driver needs a top-notch pit crew to keep him going. They practice together, always seeking to shave another fraction of a second off of their tasks. They are accountable to each other because they are committed to what they do.



We had a Very Good Turnout for our April 12th Work Session

Logistics Notes

Cary Chavez

The State Emergency Medical Services Agency and CA-11 personnel recently received the West Coast Regional DMAT Cache. The cache which was received is stored and maintained by CA-11. The shipment included various multi-pak containers, pallets, and boxes of equipment and supplies weighing over 20,000 pounds. All the equipment and supplies received are readily available for deployment anywhere on the west coast.

The Logistics section and Operations section got together on 12 April 2003, at 0900 hours and inventoried the cache. This was a great opportunity for team members to become familiar with all the equipment.

Upcoming Logistics Training dates:

10 May 03	09 August 03
14 June 03	13 September 03
12 July 03	11 October 03
	13 December 03



The Crew Surveys the New Cache

Law and Order Corner

Brian Maloney, Lead Security Specialist

The Lead Security Specialist will start holding meetings/training sessions for team Security Specialists and also for those who are interested in contributing to team security.

The US Public Health Service has provided guidance that internal security work on deployments should be limited to non-medical personnel. This leaves the Medical personnel in the deployed better able to concentrate on their primary medical treatment responsibilities. It also frees up medical personnel to get their much-needed rest when not on-shift. However, during team exercises, all team personnel may volunteer and may even be called upon to perform various security functions, especially shift patrols.

Our current Internal Security Team Leader is Ted Hussey, who is also a Communications Specialist. All Internal Security Team members will have their primary team assignments consistent with their official NDMS positions. Internal Security Team work is secondary, but a very critical function to maintain protection of the team and its property. As an Internal Security Team member, you will carry-out security services that protect the team members and team property by observing and reporting to local law enforcement through the Security Specialists if such action is ever needed. It is not a position that dictates physical confrontation, but may require the use voice commands if a situation warrants this type of action.

The Security Specialists have the primary responsibility for maintaining team security.

Please contact Brian Maloney or Ted Hussey if you are interested in joining our security team.

Team Officers

Unit Team Commander - David Sprenger M.D.
 President - Julie Hamilton
 Vice-President - Warren Bonta
 Secretary - Jim Rich
 Treasurer - James Acosta
 Training Officer - VACANT
 Plans Chief - Penny Miller
 Operations Chief - Jason Becket
 Logistics Chief - Cary Chavez
 Administrative Officer - Sheila Martin
 Safety Officer - John Fill
 Public Information Officer - Kelly Scot Moore
 Newsletter - Robert Newsad

CA-11 In The News!

Kelly Scot Moore, Public Information Officer

As many of you have seen or heard the Sacramento Regional Disaster Medical Assistance Team was featured in the local TV news recently. The story by KCRA, NBC Channel 3 aired March 7th at 11:00 pm and again the following morning. Then on April 2nd, KXTV, ABC channel 10 aired a CA-11 story on the 5 pm news with a lengthy teaser at 4 pm and a short teaser at the top of the news at 5:00. Ken Martzen and I were interviewed by each news agency at Station 1 on the days of the broadcast.

After receiving calls from the reporters I followed the ICS chain of command for approval to meet with the news crews to tell them more about our dedicated team and all the wonderful things we do. Knowing that I would be in front of the camera (a complete role reversal for me) I spiffed up with a clean shave, fresh uniform and headed out to my PIO duties. Both crews were very easy to work with and extremely enthusiastic about the services CA-11 provides to the community. One thing I would like to point out is how little is actually used from the



Ken Checks the Mirror as KCRA Check their White Balance

Disaster Medical Assistance Team Ready to Help in Event of Attack



Somewhere in Sacramento County, there is a warehouse filled with state-of-the-art medical equipment. It's the emergency operations center Sacramento's Disaster Medical Assistance team. It is part of the new Department of Homeland Security.

For two years, the team has been training. Several hundred volunteer medical professionals are ready to respond where ever they are needed in the Sacramento area.

The team can set up a field hospital anywhere it needs to go. A trailer towed behind a truck turns into three climate controlled tents when it is set up. "In the event of an emergency, this would act as a triage area if we were in a hot or cold environment," said emergency medical technician Kelly Scot Moore. "We could also perform semi-surgical operations because it is sealed so well."

Moore says his team is ready to go, but if it's never needed, that's fine too. "It would be just fine if all these supplies just stayed right here and we were able to just dust them off every once in a while," said Moore.

Channel 10 News Clip from their Web Site

interview itself, so please understand the aired story only contained a glimpse of all the great things we said. Through this experience I have gained a much stronger commitment to polishing my presentations and on camera skills!

These two news media exposures provided the community with an overview of the great things our CA-11 team does.

If you did not catch the news broadcasts, they will be made available via CD soon.